

# BACK AND ABDOMINAL STABILITY EXERCISES

When utilising your core stability muscles, you are dealing with deep stomach and back muscles that support the spine.

Exercising on a fitball promotes abdominal and back muscles to contract and provides support for movements such as lifting, bending and to carry out everyday activities pain free.

Without adequate stabilisation, the risk of injuries increase and work performance declines.

(Light weight range 2-7.5 kg unless otherwise specified.)



**DISCLAIMER** Before participating in any exercise program, you should seek medical or health advice from your doctor or exercise physiologist. When undertaking an exercise program with fitballs, please read the information provided carefully on "Back and Abdominal Stability exercises" and "Fitball Strengthening exercises." If you experience any discomfort whilst exercising, you should cease the program immediately to obtain advice from your physician. Discomfort effects are: hard to breath, racing heart rate, pain in the chest, you are injured, you feel sick, you feel pain, you are dizzy. The information provided by CORP Health has been prepared with duty of care by qualified professionals to meet the needs of healthy individuals without existing problems. CORP Health and CFA accepts no responsibility for any injury, loss or damage suffered as a result of information provided on this exercise poster.

## BACK AND ABDOMINAL STABILITY EXERCISES - 1

### SITTING ON THE BALL

- Place your feet out from the base of the ball for stability
- Feet should be shoulder width apart
- Sit tall on the ball and tighten stomach muscles (pull belly button in and upward)



### SEATED ROW

- Sit tall on the ball
- Weights in each hand, palms facing each other
- Elbows tucked into the sides of the body, and bent at close to 90 degrees
- Draw your shoulder blades back and downwards
- Reach forward and pull backwards to starting position
- Only reach as far as your knees
- Only come back as far as your hips
- 15 reps x 2 sets maximum. Light weights



## BACK AND ABDOMINAL STABILITY EXERCISES - 2

### ONE ARM ROW

- Roll over the ball so it is placed under the stomach and hip region
- Both feet and one hand touching the ground for support
- Place weight in free hand
- Look at floor to avoid neck strain
- Upper arm should be high off the ground, tucked in close to the ribs
- Bend your elbow with the weight close to your hip and draw the shoulder blade in
- Reach towards the floor, extending your elbow and pull back up to starting position
- 15 reps x 2 sets maximum. Light weights

### BACK EXTENSION

- Roll over the ball so it is placed under the hips
- Both feet remain on the floor for support
- Place your hands either on the sides of the ball or behind your head
- Chin must be tucked into the chest
- Slowly raise your chest off the ball
- Keep your elbows out to the side of the head
- Lower your chest slowly to starting position.
- 10-15 reps x 2 sets



## BACK AND ABDOMINAL STABILITY EXERCISES - 3

### ROLL AWAY

- Kneel upright and place elbows on the ball in front of you
- Draw your shoulder blades back and downwards
- Tighten your stomach and buttock muscles
- On the tips of your knees, roll the ball away from you with your elbows
- Keep the body in alignment when rolling the ball away
- Hold for 5-20 seconds and return to starting position
- Avoid arching the back
- 10-15 reps x 2 sets

### OBLIQUES

- Sit on the ball
- Step forward and place ball in the arch of your back
- Hands behind your head
- Neck aligned with the spine
- Raise your shoulders and reach to the opposite side then back to starting position
- Repeat and reach to the left
- Keep alternating left to right
- Avoid this exercise if you have lower back injuries
- 20 reps x 2 sets



## BACK AND ABDOMINAL STABILITY EXERCISES - 4

### SIT UPS

- Sit on the ball
- Step forward and place the ball in the arch of your back
- Your lower back must be supported
- Place your knees at 90° and shoulder width apart
- Place your hands behind your head
- Neck should be aligned with the spine
- Do not bend neck, look up to the ceiling and raise the upper body off the ball, using stomach muscles
- 20 reps x 2 sets

### HIP ROTATION

- Sit on the ball
- Keep the feet planted on the floor, shoulder width apart
- Rotate the hips from left to right and in a circular movement

